



CHILDREN'S MEDICAL GROUP, P.A. ADOLESCENT CARE INFORMATION

Growth and Development

Puberty is a time of physical and emotional changes for boys and girls. Handouts and information are available from your physician. Ask for helpful facts. Encourage your teenager to express to you and his/her physician any questions or concerns.

Nutrition

The most important contribution to your child's present and future health may be your help in developing good eating habits and eating a proper diet. There are many varieties of an adequate diet, but none include excessive sugars, fats, and calories.

Vegetables are a great source of protein, mineral, and vitamins. They have no hard fats or cholesterol. Vegetables should not be cooked in animal fats.

Beef and pork have more hard fat and cholesterol than white meat of chicken and turkey. Fish is a good source of protein, and the fat is less harmful. Broiled or baked meats are preferred to fried.

Safety

Bicycle Safety Helmets should be worn by children of all ages for protection. Helmets should be worn with inline skates and skateboards.

All children whose weight or height is above the forward-facing limit for their car seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age. When children are old enough and large enough to use the vehicle seat belt alone, they should always use Lap and Shoulder Seat Belts for optimal protection. All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.

Do Not Smoke!

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

We recommend yearly dental checkups to ensure proper dental hygiene.

A Tuberculin Test may be performed for high risk populations.

We recommend that a yearly check-up be done on older children, preferably when they are well so that testing and immunizations can be properly given. If done on a regular basis, no additional examinations are necessary for kindergarten, school or camp.

Hemoglobin (to check for anemia or low red blood count) and Urinalysis (to check for kidney infection, kidney disease, and diabetes) are done yearly.

Hearing and Vision screenings are done yearly starting at 5 years of age.